

Washington

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases (Web site under development)

<p style="text-align: center;">The Epidemic</p> <p>59% of adults in Washington State are overweight or obese. (CDC BRFSS, 2002)</p> <p>21% of non-Hispanic white adults, 31% of non-Hispanic black adults, and 24% of Hispanic adults in Washington State are obese. (CDC BRFSS, 2002)</p> <p>21% of Washington State high school students are overweight or at risk of becoming overweight. (CDC YRBSS, 1999)</p> <p>The obesity rate among adults in Washington State increased by 127% from 1990 to 2002. (CDC BRFSS, 1990, 2002)</p>	<p style="text-align: center;">Program Priorities</p> <p>The Washington State Nutrition and Physical Activity Plan is based on policy and environmental change. The department of health and its partners are developing indicators to measure progress in these areas.</p> <p>A total of 12 interventions are currently underway:</p> <ul style="list-style-type: none"> ➤ The Healthy Communities Moses Lake Trails Planning Team. ➤ The Moses Lake Community Gardens Program. ➤ The Moses Lake Breast-feeding project. ➤ The Healthy Communities Moses Lake Media Awareness Campaign. ➤ The Mount Vernon Healthy Communities project. ➤ The Access to Healthy Foods Coalition. ➤ The Active Community Environments Grassroots project. ➤ The Safe and Active Routes to School Project. ➤ A Reduce Sedentary Behaviors by Training Child Care Providers project. ➤ A kit of materials for reducing television viewing in all types of early childhood programs. ➤ The Breast-feeding Assessment project. ➤ The Diabetes Prevention Program Pilot in Tribes.
<p style="text-align: center;">Recent Accomplishments and Products</p> <ul style="list-style-type: none"> ➤ Active Community Environment Kits for achieving policy and environmental change ➤ A Television-Viewing Reduction Kit for child care providers ➤ A breastfeeding assessment tool for use in promoting increased breast-feeding ➤ A Native American Diabetes Prevention Program Lifestyle curriculum ➤ Trainings for stakeholders, policy makers, and community advisory committee members about the state plan and the socio-ecological model 	<p style="text-align: center;">Upcoming Events and Products</p> <ul style="list-style-type: none"> ➤ A City of Moses Lake spring festival to promote environmental changes that increase opportunities for physical activity ➤ Statewide workshops for local child care health consultants ➤ An obesity, nutrition, & physical activity Web site
<p style="text-align: center;">New Partners</p> <p>Affiliated Health Services Bicycle Alliance The Center for Public Health Nutrition Charlie's Produce Children's Alliance Climate Solutions Cross Cultural Health Care Program Eastern Washington University Group Health Cooperative Seattle Pacific University Uniform Medical Plan Washington State School Directors' Association</p>	<p>Project Period: 2003-2008 Year First Funded: 2001 Funding Stage: Basic Implementation Contact Person: Kyle Unland, MS, RD, CD Obesity Project Coordinator Washington State Department of Health Telephone: 360-236-3757 Fax: 360-753-9100 E-mail: Kyle.unland@doh.wa.gov</p>

